



Maricopa County

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DATE: March 31, 2006

MEMO TO: All Maricopa County Residents

FROM: Maricopa County Chairman Don Stapley

SUBJECT: **My Bike Month Challenge to all Maricopa County Residents**

We all know that riding our bike is a great alternative to driving to work, to school or getting into the car for short errands; and

We all know that bicycling is an excellent source of exercise that improves our health; and

We all remember the fun we had riding our bikes around our neighborhood, to the park or to visit friends and family...

But, these days, most of us just don't get around to doing it!

Since the month of April (and a little bit more) has been designated by Valley Metro as Bike Month to promote the safe use of bicycles for commuting, health, and fun, **I challenge you to ride your bike and have a chance to win prizes by participating in one or more of our County Bike Month activities.**

Sign Up for "The Great Bike Challenge" (April 1 – May 7, 2006)

Challenge yourself or create some healthy, friendly competition with other friends and family throughout the Valley (or even between employees at work, if you want). Participation is easy. A contest website has been set up to track bike riders, for BOTH commuting and recreation. **The more points you earn, the more chances YOU will have to win prizes! Register today at www.valleymetro.org or click on the direct link below:**

["The Great Bike Challenge"](#)

Check out other great Valleywide Bike Month activities at www.valleymetro.org or click on the direct link below:

["Valleywide Bike Month Activities"](#)

Check out the rest of our Maricopa County Bicycle webpage for tips on safe cycling, bike maps and to give us input on your needs for our Bicycle Transportation Plan update. Have a Great Time ~ Cycle Safely and Always Wear Your Helmet!